



Symmetry - Living an Empowered Life From the Inside Out

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THERE IS NO POWER GREATER THAN THE DIVINE LOVE WHICH LIES WITHIN YOU!

*The Presence of Peace
The Expression of Joy
The Fulfillment of Harmony
The Magnificence of Divine Love
exists, expresses and manifests
in and through you. - Ann Marie*

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*Would you like 100 trillion happy little cells
all working together in harmony to create a healthy, vital body?*

“I am excited to share with you an amazing water system I have discovered that assists in detoxifying, oxygenating, alkalizing, hydrating and rejuvenating the body. I wish I could share this water with everyone in the world.”

CHANGE YOUR WATER, CHANGE YOUR LIFE!

Complementing the principles of wellness taught by Ann Marie and Rich Work for over 20 years, this water adds a wonderful aspect to the stimulation of the Divine Love within, assisting to bring the Breath of Life into the cells with the flow of oxygenated, alkalized water, to bathe the cells and strengthen and support the healing of your body, mind and emotions.

*For more information visit www.harmonicwater.net
or call Joanie at 800-243-6156 or 715-355-8515*

Journey into the kaleidoscope of the magnificence of Divine Love within you.

Symmetry monthly publications provide creative ideas to restore your natural, harmonic Rhythms of Life.
Symmetry seminars assist individuals in experiencing and integrating the principles of Symmetry.
Individual Symmetry mentoring is available with Ann Marie Work - call 888-479-6638.
Supportive books and products are available through Harmonics International - call 715-355-8515.
To receive a Free Daily Harmonic Inspirational email, contact joanie@harmonicsinternational.com

Our FREE monthly publication is available at: www.symmetry.nu and www.harmonicsinternational.com

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The Rhythm of Discernment

by Ann Marie Work

The Rhythm of Discernment purifies old, stagnant belief systems which no longer serve you, supporting truth in all areas of life, creating an ever expanding foundation of integrity.

The Rhythm of Discernment is formed when the blue Rhythm of Peace flowing through the atlas merges with the green Rhythm of Balance flowing through the sternum to definitive movement through the voice box. Its spectrum ranges from dark blue-green to translucent silver and each segment of its spectrum appears to have a dramatic affect upon life. It all begins at the core of your being and moves through your voice box by the words you choose to speak.

The resonance of the words you speak is carried on the movement of the Rhythm of Discernment to affect your body and your interaction with the world. This is the Rhythm of Truth. When you speak words that are contradictory to the truth of your soul, this Rhythm either diminishes or becomes dysfunctional.

**Have you ever wondered why there are times that no one seems to hear what you are saying?
Have you ever thought about what the truth of your soul is?**

When you fail to recognize and speak the truth of your divine nature, you diminish the movement of this Rhythm within your being. This Rhythm moves in a dysfunctional manner when you speak words which defile the divine nature of yourself or another,

Discovering your truth and speaking your truth are tools for your health and survival. This simple action on your part can and will change many areas of your life including your health and vitality as well as your perceptions of the world around you.

This Rhythm is the movement of purification and integrity in the body. The suppression of this Rhythm diminishes the body's early warning system. This security system within the immune system detects harmful bacteria when they enter the body and eradicates them. When it is suppressed, it can lead to infections, parasitic invasion and mild degeneration.

The Rhythm of Discernment supports the divine nature of your being and magnetically attracts to you the information you need to discern and make decisions on what best supports your physical health, mental clarity and emotional wellbeing. It gives you the strength and determination to clear out of your life those things which no longer serve you. It helps you to stand against the judgment and criticism of others when they believe you are making a mistake. It assists you in determining when you are judging yourself and helps you to find the support you need, when you need it. As you stand in your truth, it gives you the strength to disseminate the information available to meet your challenges in life.

This Rhythm protects your innocent nature. It opens your eyes to see the wonder and majesty in the world around you, allowing you to experience childlike delight with responsible maturity. Moving in the Rhythm of Discernment gives a peaceful balance to your perceptions, thoughts, ideas, conclusions, decisions and actions in all areas of your life.

**As you stand in the Truth of the magnificence of your Soul,
you begin to discern the Truth of the world in which you live,
magnetically attracting the desires of your Heart into your life.**

The Rhythm of Discernment carries and discerns the truth of the soul in every area of life.

As you move in your Rhythm of Discernment you:

- **Assist the body's defense against harmful bacteria.**
- **Energetically enhance the immune system.**
- **Harmonize energies that sabotage your ability to exist in peace, joy and harmony.**
- **Help you to discern your Truth and accept the magnificence within.**

Controlling Energies

Proclamation from “The Veils of Illusion” by Rich Work

*To break through the many levels of control that have been placed on humanity,
it is suggested that you repeat this proclamation often.*

I (state your name) proclaim my life is my own.
I close all windows, portals and doorways
allowing another to observe
or manipulate my energies as far as they extend,
and transmute all energies connected to this experience
into the divine expression of Creative Love.

I choose to be well, whole and perfect of mind, body and soul.
I call forth all controlling energies
experienced throughout the journey of my soul
and all those connected to these energies.
I call forth all aspects of their Being,
all aspects of my Being and the nucleus of the Soul
on all levels of consciousness
to be present and accept this healing.

I call forth all soul expressions,
elementals, thought forms, patterns and programs
to stand before me, as I stand before you, in love.
I ask you to forgive and honor me.
I forgive and honor you.
I embrace you in love.
I thank you for the lessons we have shared.
I embrace all bonds between us in Unconditional Love
and transmute all interfering energies
into the divine expression of Creative Love.

I call forth all laws I own,
all beliefs I have, all vows I hold,
all invocations I have made and received,
all contracts and agreements which exist
creating distortions, illusions, images, holograms,
symbols and psychic messages,
causing unrest within my Being,
I transmute into the divine expression of Creative Love.

I call forth all invasive energies,
including thought forms, programs or substances
administered to me, or created by me,
forming separation, distortion, illness or illusion within my Being.
I transmute you into the divine expression of Creative Love
and return you to your creator source
to be used only as a positive, productive energy.

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Controlling Energies Proclamation continued.....

I call forth my cells, creative energies,
all personalities and aspects of my Being
to integrate into my wholeness
and align in Divine Perfection.

I call forth all energy forms,
creating a response in my Being
out of alignment with the essence of my soul and divine truth,
and transmute into the divine expression of Creative love
and return you to your creator source
to be used as a positive, productive energy.

Whatever thought forms or energies I own,
encouraging or causing harm to my Being,
I return to their creator source.
All residues I hold within my Being
I transmute into the divine expression of Creative Love
to become a powerful, positive, productive energy.

I command any energy or programming
administered to me with or without my permission
altering or limiting my ability to freely connect my mind, body and soul
and experience my wholeness
be reversed in divine perfection.

I proclaim sovereignty.
I proclaim dominion over my skills.
I claim my free-will choice.
I claim dominion over my mind, body and soul.
I have grown. I am empowered. I stand in my truth.
I call forth and integrate my true identity
expressing Itself as (state your name).

I acknowledge all those who share this experience.
I offer you this healing.
I embrace you in Unconditional Love
and transmute all interfering energies
into the divine expression of Creative Love.
I proclaim my peace of mind,
and the peace of mind for all humanity.
And so it is.

A Supporting proclamation for Controlling Energies

I suggest the following proclamation to establish a clear energy field. When your energy systems are out of alignment your thoughts become distorted and may not be utilized according to your desires.

Aligning My Energies

From the Divine Love within my Being,
I command all my energy systems align in divine perfection. And so it is.

The book "The Veils of Illusion" by Rich Work is available through Harmonics International.
Visit their website at www.harmonicsinternational.com or call 800-243-6156 or 715-355-8515.